

“Appropriate Doses”

Alachua County Association of Pharmacists

Newsletter

5200 NW 43rd St., #102-191

Gainesville FL. 32606

www.alachuapharmacy.org

ACAPnewslettereditor@gmail.com

Mission: To support communications to the membership of the Alachua County Association of Pharmacists.

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Officers

President- Jeffry Consaul, Vice-President- Bill Harbilas, Corresponding Secretary- Charlie Brown, Recording Secretary- Lucia Murphy, Treasurer- Charlie Brown

Board of Directors

William Garst, Chair; Sandra Buck-Camp, Emily Fourman, Joy Wright, Mike McKenzie, Marilyn Ryan, Skeeta DeMatas, Lorraine Mobley, Paul Ackerman, Karen McLin, “Vacant”

Board Meeting Highlights

The Board of Directors met on September 24, 2019. Some of the items discussed was the moving up of Mock Interviews from January 2020 to November 2019. It was confirmed that we will have a mandatory Human Trafficking CE in April of 2020. It looks like the rest of our meetings will be held at the Haven Hospice, unless otherwise noted. The Committee/Task Chart was worked on to clarify work assignments. Finances were reported and found to be adequate for our needs. Membership items were discussed.

Upcoming CE Meetings

- Oct. 8-Opioid Usage in Post-Surgical and Chronic Pain (Haven Hospice)
- Nov. 12-Treatment of Migraine Headaches
- Dec. 10-Treatment of Rabies. Adulterants in Illicit Substances
- Jan. 14- (AHEC) Review of Tobacco Products. Motivational Interviewing.
- Feb. 11- COPD and GOLD Guidelines
- Mar. 10- Pain Management for Hospitalized Patients
- April 14- Human Trafficking (Required) and Homeopathy
- May 12- State Legislative Update on Pharmacy Practice

Calendar of Events-

November 2019-TBD Mock Interviews- UF College of Pharmacy

January 2020-21st and 22nd Legislative Days/Health Fair, Tallahassee, FL

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Membership Focus

For the first membership focus I will “pick” on myself. I am William Garst. I was born and raised a long time ago in rural Bradenton, Fl. I have worked in different areas of pharmacy, hospital acute care, community pharmacy, long-term care vendor, consultant pharmacy. I retired from the VA in 2016. My wife and I have one daughter, who lives in Tampa with her husband. They have two spectacular children who I dote on. The oldest one is now a freshman here at UF. My hobbies are playing golf, reading, and working around the yard. I serve on the Alachua County Health Care Advisory Board.

Employment Opportunities

Sometimes inquiries are made by people who have taken their Initial Consultant Pharmacist Course, who can they approach to do 40 hours of internship? If any of our members are consultant pharmacists and would like to mentor new consultant pharmacists, please contact the ACAPnewslettereditor@gmail.com.

Personal Milestones

None reported

Clinical Pearls

None reported.

Did You Know?

Metformin was derived from the French Lilac plant. Here is the quote from Wikipedia:

“The [biguanide](#) class of antidiabetic medications, which also includes the withdrawn agents [phenformin](#) and [buformin](#), originates from the [French lilac](#) or goat's rue (*Galega officinalis*), a plant used in folk medicine for several centuries.^[108] *Galega officinalis* itself does not contain any of these medications, but isoamylene guanidine; phenformin, buformin, and metformin are chemically synthesized compounds composed of two guanidine molecules, and are more [lipophilic](#) than the plant-derived parent compound.^[108]”